



## Canberra Region Kidney Support Group

## Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG



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## Renal Morning Tea

Come and Join us on  
Wednesday 14th October  
From 10:30 to 12:00  
Hellenic Club Coffee Shop  
Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity to meet and make friends in a relaxed and informal setting. All renal patients, carers, family and friends are most welcome.

Please Note – Coffee & tea provided by the Kidney Support Group. Cakes, sandwiches, etc., at regular club prices.

Enquiries please contact:

John (0450 962 155)

Yvonne (0432 831 475)

## 1.5 million at Risk Australians Urged to Check for Kidney Disease in the Wake of the COVID-19 Pandemic

The peak body for kidney disease in Australia is urging 1.5 million at risk Australians to check for this silent and potentially deadly disease, as Australia starts emerging from COVID-19 restrictions.

Kidney Health Australia said the pandemic had highlighted the group of people most at risk of more severe illness from COVID-19 were the same group of people most at risk of kidney disease.

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# 1.5 million at Risk Australians Urged to Check for Kidney Disease in the Wake of the COVID-19 Pandemic

*(Continued from page 1)*

“People most vulnerable to COVID-19 suffer from chronic medical conditions such as diabetes, high blood pressure and heart disease,’ said Mr Forbes, CEO of Kidney Health Australia.

‘These same conditions cause kidney disease - so we’re urging the 1.5 million Australians with these kidney risk factors, to check their kidney health with their GP and avoid the dangers of kidney disease and serious illnesses such as COVID-19.’

“Australia has been fortunate in escaping the high mortality rate of other countries but it’s shown that we can’t afford to be complacent in the face of future outbreaks,’ Mr Forbes said.

Mr Forbes said 1.5 million Australians who fall into this high risk group are unaware they are living with the early signs of kidney disease.

‘The real danger with kidney disease is it’s an insidious disease and people can be on the brink of renal failure before they suspect anything is wrong,’ Mr Forbes said.

Father of five, 47-year-old Shane Jeeves, knows the debilitating impact of kidney disease. Hooked to a dialysis machine every second day for 7 hours at a time, Shane has also had to stop work altogether due to fears of contracting COVID-19 and believes a lot more Australians are at risk than they realise.

‘I had no idea I had kidney issues. I played cricket twice a week, I wasn’t overweight. That’s the thing. Most people with kidney damage don’t even know they have it and continue doing damage to themselves without knowing,’ said Shane.

## Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.

<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Alternatively register by calling: 1800 777 203.



# Lamb Shank Soup (KHA)

## INGREDIENTS - Serves 4

- 2 teaspoons olive oil
- 4 lamb shanks, excess fat removed
- 1 onion, chopped
- 2 carrots, chopped
- 2 sticks of celery, chopped
- 1 red capsicum, chopped
- 1 medium zucchini, diced
- 1 clove of garlic, crushed or chopped finely
- 1 tablespoon fresh rosemary or 1 teaspoon dried rosemary
- 2 medium tomatoes, diced
- 1 litre salt reduced beef stock (homemade or use powder e.g. Massel™ salt reduced stock powder – follow instructions on can)
- 2 cups water
- $\frac{1}{2}$  cup dry small pasta e.g. macaroni, risoni



## METHOD

1. Heat oil in a large saucepan over medium heat. Add lamb shanks and cook for about 10 minutes, until golden. Remove from pan and set aside.
2. Add onion, carrots, celery, garlic, capsicum and zucchini to pan and cook for 5 minutes, or until soft.
3. Add shanks to pan with rosemary, tomatoes, stock and water and bring to boil. Reduce heat and simmer for 40 minutes, or until meat is starting to fall off the bone.
4. Using a spoon, skim off any foam and excess fat from top of soup. Take shanks from soup, then pull meat from bone and chop. Return meat to soup.
5. Season soup with pepper and add parsley before serving.

## This recipe is suitable for people on:

- ◆ Peritoneal Dialysis
- ◆ Haemodialysis

NUTRITION	
Nutrient	Per serve
Energy (kJ)	1560
Protein (g)	35
Fat - Total (g)	16
Carbohydrate - Total (g)	20
Sodium (mg)	750
Potassium (mg)	900
Phosphorus (mg)	300

Thanks to Kidney Health Australia  
for supplying this recipe.

## Funding Awarded For Investment To Improve Kidney Disease Outcomes For Aboriginal And Torres Strait Islander Communities

The peak body for kidney disease in Australia, Kidney Health Australia, is pleased to announce Federal Government funding of over \$700k to support world-first clinical guidelines to improve the diagnosis and treatment of kidney disease within Aboriginal and Torres Strait Islander communities.

Kidney Health Australia CEO, Chris Forbes, said the funding was vital to improve health outcomes for Aboriginal and Torres Strait Islander people, who were at higher risk of kidney disease than non-indigenous people.

“We are very pleased to have the Federal Government’s ongoing support in working with Aboriginal and Torres Strait Islander communities to deliver better health outcomes for kidney disease,” Mr Forbes said.

“Kidney disease is an insidious and deadly disease that is often not detected until kidneys fail, and the treatment for end stage kidney disease can make life very challenging – for First Nations people, the social, spiritual and community impact is immense.”

Mr Forbes said the rate of kidney disease in indigenous communities was twice as high as non-indigenous communities, with 1 in 5 Aboriginal and Torres Strait Islander people having the indicators for chronic kidney disease.

“Since 2018, we have conducted consultations with Aboriginal and Torres Strait Islander communities around Australia to develop a framework for evidence-based guidelines that are specific to the management of kidney disease within their communities, and will deliver better health outcomes.

“The Federal Government funding enables us to deliver what the community has clearly told us is long-overdue - meaningful and appropriate clinical guidelines that are aligned with First Nations’ community preferences and needs,” Mr Forbes said.

COVID-19

**DON'T LET COMPLACENCY SET US BACK**

- ✓ Wash your hands
- ✓ Stay 1.5m apart
- ✓ Stay at home if you're unwell
- ✓ Get tested if you have symptoms

For updates, visit [covid19.act.gov.au](https://covid19.act.gov.au)

**Stay 1.5m apart**

**Wash your hands**

**Stay home if unwell**

**Get tested if you have symptoms**

**ACT Government**

## Diary

Annual General meeting Wednesday  
23rd October.

At  
SHOUT Meeting Room, 7:30pm

**All welcome**

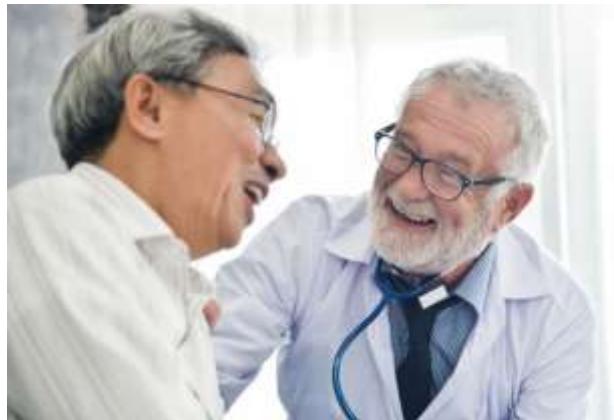
2020 Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Wednesday 14<sup>th</sup> October  
Thursday 12<sup>th</sup> November  
Wednesday 9<sup>th</sup> December

## Review of the My Health Records legislation

The Federal Department of Health is asking for feedback on the legislation that underpins My Health Record. This is part of a review to improve the legislation. You have until 21 October to have your say.

Further details may be found at <https://www.health.gov.au/news/review-of-the-my-health-records-legislation>.



## Eurobodalla Renal Support Group

Brad Rossiter OAM received his honour from the Governor General, His Excellency, General the Honourable David Hurley AC DSC (Retd), and Her Excellency Mrs Linda Hurley, during a formal ceremony held at Government House whilst attending an Investiture Ceremony held on 8 September 2020. (Source: The Beagle, Eurobodalla's free & independent on-line news.)

Brad has worked tirelessly for renal patients in the Eurobodalla. He has held a weekly stall at the Batemans Bay Riverside Plaza shopping centre most every Friday for many years. The COVID-19 has put a stop to the stalls, at least for the time being. Perhaps they will recommence in the future, when safe to do so.





## MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc  
PBox 5051 GARRAN ACT 2605.  
ABN: 77 396 063 641

**Last Name:** ..... **First Name:** .....

**Address:**.....

**Email:** .....

**Phone No:** .....

**. Signature:** ..... **Date:**.....

Post form to the address shown at the top of this page.

I would like to make a voluntary donation to CRKSG for the amount of: \$.....

Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

**NOTE:** This form may also be used to notify a change of address/contact details.

*The Canberra Region Kidney Sup0rt Group* is a registered charity so donations of \$2.00 or more are tax deductible. They can be made by Cheque, Money Order payable to CRKSG Inc., or by Bank Transfer.

Bank: Commonwealth Bank

Account Name: Canberra Region Kidney Support Group Inc.

BSB: 062 912

Acc No: 10028872

Reference: Your name.

After making the bank transfer, please forward by email to [crksg@shout.org.au](mailto:crksg@shout.org.au), your contact details and the bank transfer receipt. We will then send you a tax receipt.

Canberra Region Kidney Support Group

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E-mail: [crksg@shout.org.au](mailto:crksg@shout.org.au)  
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